



City of Gaithersburg Press Release

Contact: Public Information Director
City of Gaithersburg
301-258-6310
cityhall@gaithersburgmd.gov

For Immediate Release

Keep Calm with Yoga & Meditation in the Park

Gaithersburg, MD – (June 25, 2020) Develop your mind, body and spirit with Yoga and Meditation in the Park. Drop in on one or all of the free classes beginning the week of July 6. Both programs are recommended for those ages 16 and older.

To help slow the spread of the coronavirus, several safety measures will be in place. Masks are required when interacting with staff or other participants. Restrooms and water fountains will be unavailable; bring your own water. Participants must bring their own yoga mat. Social distancing of six feet between participants is required; space is limited to 50 people.

Yoga in the Park

Tuesdays, July 7 – August 25
7 to 8 p.m.

[City Hall Concert Pavilion](#), 31 South Summit Avenue

Meditation in the Park

Wednesdays, July 8 – 29
7 to 7:45 p.m.

[Kentlands Green](#), 117 Kent Square Road

Explore all of our recreation class, camp and programming offerings at gaithersburgmd.gov/recxpress. Sign up for our newsletter on the City's [website](#) and follow us on Facebook [@GaithersburgRecreation](#). For more information, call 301-258-6350.

Due to the continuing public health crisis, the City is also offering many virtual summer recreation classes in lieu of in-person programs. Explore our virtual offerings and register online [here](#).

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